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# ARKANSAS LIFESPAN RESPITE

SUMMER 2022 NEWSLETTER



## **JUMPING IN WITH BOTH FEET: Arkansas Lifespan Respite Partners with Meals on Wheels To Spread The Word About Respite Vouchers**

When Tanya Kopp, the Director of Jacksonville's Senior and Wellness Center, was presented with an opportunity to help get the word out about respite care voucher opportunities in her area, she jumped at the offer. Tanya is very aware of the need for caregivers to get that much needed and deserved break. She agreed to partner with Arkansas Lifespan Respite to distribute information about the respite voucher program to Jacksonville residents who also participate in the Meals on Wheels program.

The Arkansas Lifespan Respite Program provided over 225 respite voucher

program packets to be delivered to those who eat lunch at the Senior and Wellness Center or to be distributed with the delivered home meal. In addition to the handouts, the Jacksonville Senior and Wellness Center also provided time and space for the Arkansas Lifespan Respite Program to provide a presentation on respite opportunities to those who were interested in learning more.

There was great participation in the meeting and several questions were answered and attendees were thrilled to learn that the program was free and there were “no strings attached.”

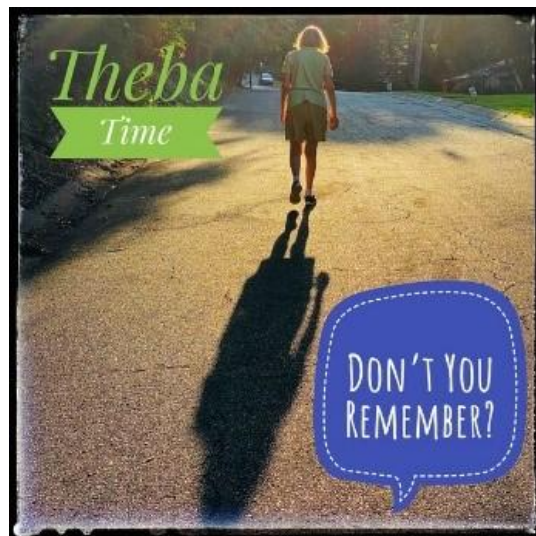
The respite voucher application was made available, in paper format, during the meeting and the Respite Program’s liaison, Rick Caracciolo, went through the application to show the ease in completing it. He stated that one of the attendees mentioned that this opportunity was a “win-win” and would be taking the application home and completing it that night. “It was so great to hear from an enthused participant. That is the whole purpose of the program; to help those that need a break.”

If you are interested in partnering for a similar project, or if you would like for the Arkansas Lifespan Respite Program to come out and speak about the program, please reach out to [ARLifespan.Respite@dhs.arkansas.gov](mailto:ARLifespan.Respite@dhs.arkansas.gov).

## **SPOTLIGHT: Listen to Arkansas Caregiver, Theba Lolley’s, podcast “Don’t You Remember?”**

Some of you may already be familiar with Theba Lolley. She was the co-host of THV11’s lifestyle show, The Vine, which airs weekdays at 9:00am CST prior to her retirement in 2021. Lolley’s caregiver journey started with her father, who was diagnosed with Lewy body dementia (LBD) and passed away in 2019. Nowadays, she is a full-time caregiver to her mother who has also been diagnosed with dementia. Using her background in TV news and media, she began podcasting in 2021 to share her journey as a caregiver and help provide information to others.

“The podcast’s mission is to provide tools and resources for caregivers,” says Lolley. She is often joined in the podcast with guests ranging from state legislators to advocate organizations and everything in between, with conversations revolving around “anything and everything that concerns a caregiver and what they need to know.”



*New episodes are typically released once or twice a month and can be found streaming podcast apps such as Spotify, Amazon, iHeartRadio and Apple. You can also visit <https://www.dontyouremember.net/>.*

*Theba Lolley can also be found on YouTube, documenting her walks with her mother titled “The Lolleygagger Collection” and other caregiver testimonials.*



## **PRESS CONFERENCE: Introducing the Arkansas Dementia Respite Care Pilot Program**

On Tuesday, June 21, 2022, representatives from the Arkansas Department of Human Services, The Alzheimer's Association, and Alzheimer's Arkansas joined together for a press conference to introduce the Arkansas Dementia Respite Care Pilot Program. This program will provide respite services across the state of Arkansas to those families and caregivers providing care to someone specifically diagnosed with any dementia-related disease.

Joining the press conference was Arkansas State Senator Ricky Hill and Arkansas State Representative Julie Mayberry (pictured above), co-chairs of the Arkansas Alzheimer's and Dementia Advisory Council, who shared their own personal stories of caregiving to loved ones. Theba Lolley, a full-time caregiver, provided her story of caring for both her parents diagnosed with dementia. Lolley stated that she felt it was a calling on her life to be the caregiver to her mother and eventually retired in 2021 from THV11, and the comfort she is provided knowing this is a program available to her and other caregivers when fatigue sets in.

The Dementia Respite Care Pilot Program will be managed by Alzheimer's Arkansas. Respite grants will be available to caregivers in the amount of \$500 and can be received twice a year. These respite grants are non-income based and require a documented dementia-related diagnosis. For more information on the program or to complete a respite grant application, visit [alzark.org](http://alzark.org).



## **MARK YOUR CALENDARS! Several Arkansas Lifespan Respite Coalition Members Are Having Events Near You**

**Who:** Alzheimer's Arkansas  
**What:** AMP Out ALZ  
**When:** July 16th, 2022 at 6 p.m. (CST)  
**Where:** The Hall, 721 West 9th Street, Little Rock, AR 72201  
**More Info:** <https://alzark.org> or call (501) 221-0021

**Who:** Alzheimer's Arkansas  
**What:** Little Rock HOPE  
**When:** July 21st, 2022 at 9 a.m. (CST)  
**Where:** City Center and Immanuel Baptist Church, 315 N. Shackleford, Little Rock AR 72205  
**More Info:** <https://alzark.org> or call (501) 221-0021

**Who:** Alzheimer's Arkansas  
**What:** H2Go 2 Miler  
**When:** July 23rd, 2022 at 7:30 a.m. (CST)  
**Where:** Little Rock Air Force Base  
**More Info:** <https://alzark.org> or call (501) 221-0021

**Who:** The Arkansas State Independent Living Council (ARSILC)  
**What:** 2022 Cross Disability Conference  
**When:** August 7th-9th, 2022  
**Where:** Delta Hotels by Marriott, 201 S. Shackleford Rd., Little Rock AR 72211  
**More Info:** Visit <https://arsilc.wufoo.com/forms/2022-cross-disability-conference/> or email [Project@arsilc.org](mailto:Project@arsilc.org). 3 days of power packed programs including diversity, inclusion, and access! Individuals with disabilities and one family member or PCA can attend FREE. Professionals register for \$175 (includes CEU's).

## **IN CASE YOU MISSED US: Recent**

# Respite Outreach and Informational Events

On Thursday, June 2, 2022, DHS representatives attended the Cavalier Healthcare Senior Fair in England, Arkansas. During the event, informational brochures and pamphlets (and promotional items!) were provided on the variety of services and supports currently funded through Arkansas's federal Lifespan Respite grant. Those who signed up to receive our newsletter at the event were entered into a drawing to receive a gift card. Congratulations to John Cates, the winner of a \$20 gift card to Wal-Mart!

## WE NEED TO HEAR FROM YOU! Preferences for the 2022 Arkansas Lifespan Respite and Caregiver Conference

The Arkansas Department of Human Services and the Arkansas Lifespan Respite Coalition will be hosting the 2022 Arkansas Lifespan Respite and Caregiver Summit in November 2022. In order to build the conference that best suits you, please take time to [complete the short survey provided at this link](#).

